

50+ Recreation

February 2019

ISSUE 2

www.ColumbusRecParks.com

Summer Camps



Know a child that needs something fun to do this summer? It's never too early to start thinking about their summer plans.

Columbus Recreation and Parks has a variety of camps that are suitable for any child.

The 2019 Guide to Summer Fun is posted on our website www.ColumbusRecParks.com; click on the picture of the guide. The hard copy will be available in community centers by the middle of February.

Registration begins Thursday, February 28 for Outdoor Education Camps and Saturday, March 2 for most others.

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Golden Hobby Gift Shop re-opens Friday, February 1, with items for Valentine's Day, St. Patrick's Day, Easter and Spring. Come see us for very special gifts and holiday décor.

Not-to-be-missed merchandise comes in every day!
For information, call 645-6122.



February 2019

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Newsletter Editor: Wendy Frantz	614-645-7427

Dance

Gillie Dance

Line Dance *Beginners* *Tuesdays* *1 pm*
Advanced *Tuesdays* *2 pm*
Intermediates *Fridays* *10:30 am*

Move & Groove *Mondays* *7:30 pm*

Tap Dance:

Advanced *Wednesdays* *4:15 pm*

Beginning *Wednesdays* *6:30 pm*

Ballet Class *Wednesdays* *5:15 pm*

Gillie Wednesday Evening Dance Information

6:30 – 9 pm *Admission: \$5*

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

February 6 *No Dance*
February 8 *Valentine Dinner/Dance \$18*
February 13 *Angie's Red Party*
February 20 *Presidents' Day ball*
February 27 *Black History Month Dance*

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays *10-11 am*

Beginners *Wednesdays* *11:15 am*

Men's *Tuesdays and Thursdays* *11:15 am*

Line Dance Workout Tuesday and Thursday 10 am

Evening Line Dance

Beginners *Tuesdays and Thursdays* *5:30-6:30 pm*
\$20 per person, per session

Urban Ballroom Dancing

Tuesdays *7-8:30 pm* *\$25 per person, per session*

Zumba

Wednesdays *6-7 pm* *\$25 per person, per session*

Red Hats

Gillie's Fillies Red Hatters: Mark your calendars!

Mark Pi's Express (2130 Morse Road)

Monday, February 18 *Noon*

Field & Stream Tour

Tuesday, March 19 *Noon*

Tour the Easton store on Seltzer Road. Lunch 1 pm.

Trips

Barnett

645-3065

American Whistle Corporation

Thursday, February 28 *1 pm* *Cost \$10*

Ever wonder how the ball gets inside of the whistle?

Join us for a tour of the only manufacturer of metal whistles in the US! We will also be stopping at Fitzzy's Diner, so be sure to bring extra money for lunch.

Gillie

645-3106

Gillie Trip Policy for 2019: Please call 645-3106.

Lunch Bunch

Wednesday, February 20 *11 am-2 pm* *Cost \$5*

Join us for a trip to The Westerville Grill followed by a tour of the Temperance Museum and Anti-Saloon League, headquartered in downtown Westerville.

Registration begins February 6.

Marion Franklin

645-3612

Anthony Thomas Factory Tour and Lunch

Wednesday, February 11 *10 am* *Cost \$8*

While experiencing the Anthony Thomas tour, walk along comfortable, glass-enclosed suspended "Cat-Walk" and observe nine lines producing 30,000 pounds of chocolates per shift. The experienced tour guide explains each process step-by-step from the kitchens to the final packaging. View interesting sights such as huge copper kettles where the centers of some of the candies are created and unique silver-wrapped pipes that carry liquid chocolate throughout the factory. The tour finishes in a beautiful 2,500 square-foot retail shoppe. Afterward, we will go to lunch (on your own) at BJ's Restaurant near Tuttle Mall.

Breakfast and Movie

Tuesday, February 19 *9 am* *Cost \$5*

Join us for a hearty breakfast at Cracker Barrel before heading to the movie. Movie will be determined a week prior, based on showings and times. Submit movie suggestions the Friday before trip. Please register at the front desk.

Scavenger Hunt

Wednesday, February 27 *9:30 am*

Cost \$5 (Transportation Only)

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Please register at the front desk.

Trips

Martin Janis

645-5954

Ohio Glass Museum in Lancaster

Thursday, February 7 10:30 am

Cost: \$10 for transport, \$5 admission, lunch on your own

For those who enjoy glass art, this is your chance to see to see a patriotic display of red, white and blue glass. We will also see an expert glass blowing demonstration!

Veterans Memorial

Thursday, February 24 11 am

Cost: Free transport, \$15 senior admission, lunch on your own

With more than 50,000 square feet, the Museum features a Great Hall, providing views of the Scioto River, as well as a space for gatherings and public events. The Exhibition Galleries follow the curve of the concrete rings, and the experience concludes with an interactive media experience in the heart of the building. A second floor mezzanine features a Memorial Room to honor our fallen heroes, and a lower level incorporates a Rotating Exhibition Gallery.

Armstrong Air and Space Museum

Thursday, February 28 10 am

Cost: \$10 for transport, \$7 admission, lunch on your own

The Armstrong Air and Space Museum in Wapakoneta stands as a repository of Ohio's aeronautical history and a monument to Ohio's contribution to aviation and space exploration from the early pioneer days through the space shuttle era. See a moon rock, two full-sized aircraft flown by Neil Armstrong, the Gemini VII space capsule, artifacts from the Apollo 11 mission and more.

Whetstone

645-3217

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, February 13 10:30 am

The Red Hats/Cruising Cougars will be heading to the movies. Please call Mike to RSVP.

Mike's Taste of Italia

Wednesday, February 20 10:45 am

Taste of Italia will be dining at Villanova.

Please call Mike to RSVP.

50+ Water Exercise

A new year! A new you! Join Alice Irwin for a lower-intensity workout that focuses on stretching, range of motion and gross-motor function.

Session III January 2-February 13

Mondays and Wednesdays

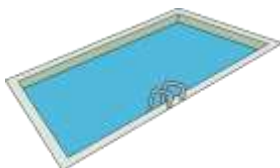
10-11 am

\$20 per session or \$2 per class

Columbus Aquatic Center

1160 Hunter Ave. 43201

For information, call 645-6122.



National Wear Red Day

The first Friday in February is recognized nationally as National Wear Red Day to bring awareness about heart disease.

Heart disease is the leading cause of death and can largely be prevented.

Major Risk Factors you can modify, treat or control:

- Tobacco smoke
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Obesity and being overweight
- Diabetes
- Stress
- Diet and nutrition
- Alcohol consumption

Source: www.heart.org

Wear red on Friday, February 1 to raise awareness of Heart Disease.

Barnett will be CLOSED:

Monday, February 18 Presidents' Day

Heart Healthy Cooking

Thursday, February 7 1:30 pm

Come join us as we cook a healthy lunch in celebration of American Hearth Month. Please register at the front desk if interested.

Water Aerobics

Monday, February 11 9:30 am Cost \$2

We will head to the Aquatics Center for a low resistance, low-impact workout. Please register at the front desk if interested in participating.

Valentine's Day Crafts

Thursday, February 14 2 pm

Celebrate Valentine's Day with us create a variety of crafts. Light refreshments provided.

Taste of Soul Potluck

Thursday, February 21 6 pm

Bring your best soul food dish and join us for our annual potluck, while watching our Black History Month Jeopardy tournament.

Tai Chi

Fridays 11 am Cost \$35/session

Tai Chi is said to improve flexibility and balance, while reducing stress. Register at the front desk or online today!

The Game Room

Monday-Friday 10 am-3 pm

Stop in for puzzles, a game of cards, billiards or even Skee-Ball.

Grand & Me Story Time Art

Wednesdays 3 pm

Bring your little one with you for a fun afternoon of story time, crafts, and a snack!

Open Basketball

Tuesdays and Thursdays 10 am-Noon

Pickleball

Mondays 1:30 pm

Thursdays 12:30 pm

Join us for open Pickleball twice a week. All levels welcome –come learn the rules or share your talents.

Interested in volunteering? Have a special skill to share?

We are always looking for volunteers to help at the front desk, as well as with classes and special events. Please contact the center for opportunities.

Fall II Class Schedule

Stay Young, Stay Fit	Mon, Wed & Fri	9:00 am
Walking Club	Mon, Wed & Fri	10:00 am
Beginner Line Dance	Mon & Wed	10:30 am
Showcase Line Dancing		
	Mon & Wed	12:15 pm
Core & More	Tues & Thurs	10:00 am
Chair Fitness	Tuesdays	11:00 am
Sewing	Tuesdays	1:30 pm
Rise & Ride	Tues & Thurs	9:00 am
Knit & Crochet Club	Wednesdays	1:30 pm
Women's Weightlifting		
	Thursdays	11:00 am
Tai Chi	Fridays	11:00 am
Adult Arts & Crafts	Fridays	1:30 pm

If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!

Riddle Me This

Q. #1 I am not a holiday. I belong in the month of December, but not in any other month. What am I?

Q. #2 Three eyes have I, all in a row; when the red one opens, no one can go. What am I?

Answers can be found on page 5.

Dodge will be CLOSED:

Monday, February 18 Presidents' Day

Lisa Gibson with OSU

Thursday, February 14 12:30 pm

Dodge Morning Walking Club with Holly

Mondays, Wednesdays & Fridays 8:15-9 am

We will walk various paths, and if it's icy we will walk around the gym! So bring a cup of coffee or tea, join us for some winter walks. Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week! On some Fridays, we may not meet due to Dodge's trip schedule.

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Crochet

Wednesdays 1 pm

Open to beginners and advanced; knitters also welcome.

In March, we would like to have a Tatting workshop (handcrafting lace) taught with volunteers from the Ohio Historical Society. Please register at the front desk. We are compiling an interest list. Learn about this art form then try it to see if you like it!

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2019?

Food Boxes

For those who have signed up for the Food Boxes, they are only available for pick up on Fridays, February 15 and 22; Noon-4 pm, not before or after. They will not be available for pick up any other days of the week. Please plan your schedule accordingly.

AARP Tax Assistance

Thursdays and Fridays 9 am-2 pm Free

Register today for an appointment; spaces are limited.

Interested In Volunteering? We are always looking for volunteers to be front desk hosts/hostesses or to assist in planning and coordinating trips or special events, even volunteering to teach a class or workshop, you have a talent or skill to share. Please inquire at the front desk for volunteer opportunities at Dodge.

Winter Classes (January 8-March 8)

<i>Walking Club</i>	<i>Mon, Wed & Fri</i>	<i>8:15 am</i>
<i>Beading</i>	<i>Mondays</i>	<i>9:00 am</i>
<i>Senior Fitness</i>	<i>Mondays</i>	<i>9:00 am</i>
<i>Shuffle Board</i>	<i>Mondays</i>	<i>10:00 am</i>
<i>Painting</i>	<i>Mondays</i>	<i>10:30 am</i>
<i>Chair Volleyball</i>	<i>Mon & Thurs</i>	<i>1:00 pm</i>
<i>You Sew Fine</i>	<i>Mondays</i>	<i>1:30 pm</i>
<i>Zendoodle journals</i>	<i>Mondays</i>	<i>3:30 pm</i>
<i>Indoor Cycling</i>	<i>Mon & Wed</i>	<i>9:30 am</i>
<i>Quilting</i>	<i>Tuesdays</i>	<i>9:00 am</i>
<i>Mosaics</i>	<i>Tuesdays</i>	<i>9:30 am</i>
<i>Chorus</i>	<i>Tuesdays</i>	<i>1:00 pm</i>
<i>Euchre</i>	<i>Tuesdays</i>	<i>12:00 pm</i>
<i>Painting and crafts</i>	<i>Tuesdays</i>	<i>1:00 pm</i>
<i>Ceramics</i>	<i>Tues & Fri</i>	<i>1:00 pm</i>
<i>50+ Sewing</i>	<i>Tuesdays</i>	<i>1:30 pm</i>
<i>Warm up Cardio</i>	<i>Wednesdays</i>	<i>8:30 am</i>
<i>Service Circle</i>	<i>Wednesdays</i>	<i>9:00 am</i>
<i>Clogging</i>	<i>Wednesdays</i>	<i>10:00 am</i>
<i>Seasonal arts & crafts</i>	<i>Wednesdays</i>	<i>10:30 am</i>
<i>Chair fitness</i>	<i>Wednesdays</i>	<i>11:00am</i>
<i>Crochet</i>	<i>Wednesdays</i>	<i>1:00 pm</i>
<i>Dodge Diet Club</i>	<i>Wednesdays</i>	<i>3:00 pm</i>
<i>Bingo</i>	<i>Thursdays</i>	<i>11:00 am</i>
<i>50+ Alterations</i>	<i>Fridays</i>	<i>1:00 pm</i>

Trip ideas? We are always looking at ideas for affordable day trips. Please submit them at the front desk or in our suggestion box.

***We will not be taking trips out during the month of February due to the possibility of inclement weather conditions.**

Riddle Me This Answers

A. #1 The letter "d."

A. #2 A traffic light.

CLOSED:*Monday, February 18**Presidents' Day***AARP Income Tax Assistance****Wednesdays Only, February 6-April 10**

By appointment only, call 645-3106 or stop at the front desk to reserve your time. Center will be

NEW! Tap Dance Class**Wednesdays 4:15 & 6:30 pm**

Join us for a new tap dance class which will offer instruction for advanced dancers (4:15 pm) and beginning dancers (6:30 pm). You must have your own shoes. Register at the front desk.

OSU Extension Service with Lisa Gibson**Friday, February 1 9:30 am**

Topic: What are Your Pattern and Breaking Barriers to Dairy?

Veterans' Group**Friday, February 1 1 pm**

Calling all Veterans to a crucial scheduling meeting for trips, speakers and 2019 planning.

Valentine's Day**Dinner Dance & Show****Friday, February 8 5-9:30 pm Cost \$18**

Line dancing 5:30 pm; dinner 6 pm; dance show 6:45 pm; live music begins at 7 pm

Join us for an evening full of fun, music and dancing. Enjoy the song styles of Kay Dinbow with dance music from the 50's through the 80's and Soul and Top 40's with one of Central Ohio's most dynamic musical groups, "RIO" featuring Cynthia Carr and T. Admission includes dinner ballroom dance show and live entertainers.

Tickets are on sale now!

Eat Better, Feel Better**Tuesday, February 12 11 am**

LifeCare Alliance Dietitian Leonor Button, RD

Topic: Cooking for One...

Alzheimer's Association Tuesday, February 12

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

Gillie Recreation Council Meeting**Wednesday, February 13 1 pm****History Roundtable****Wednesday, February 13 1 pm**

Topic: *What were Confederate Soldiers Fighting for? On this date in 1865, the South allowed Black soldiers in their ranks in exchange for their freedom.*

BINGO Mondays, February 11 & 25 1 pm**Columbus Speech & Hearing****Thursday, February 21 10 am-3:30 pm**

To schedule an appointment, call 261-5452.

Paper Craft Yard Sale**Saturday, February 23 9 am-2 pm**

Are you into paper crafts like card making or scrape booking? Come and find something new and fun to make for great prices. Please contact Linda Jacobs for more information.

Coffee, Tea and Color with Me 10:30-11:30 am**Thursdays, February 28 and March 7, 14 & 21**

Bring your coloring books, pencils or markers and relax with art, conversation and flavored coffees and teas. Learn techniques that will make your art jump off the page.

Black History Program and Soul Food Potluck**Thursday, February 28 12:15 pm**

Join us as we celebrate African American Women who changed America, in honor of 100th anniversary of the passage of the 1919 congressional legislation which created the 19th Amendment. **Please bring a soul food dish to share.**

★ Creative Arts Event May 8 – 17 ★

Get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "Art & Music Around the World" (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday, April 24 and Thursday, April 25 at the Martin Janis Center.

Lazelle Woods Multigenerational Center
Anna Marie Brown, Center Manager

8140 Sancus Blvd., 43081
645-5330 Hours: Mon-Fri 8 am- 5 pm

Monday

Pickle Ball 8:30-10:30am \$10 Sports Pass
Fitness Fuzion 9:30-10:30am \$30
Open Clay Class with Phyllis
7:00-8:45pm \$10

Tuesday

Adult Pottery 7:00-8:45pm \$10

Wednesday

Fitness Fuzion 9:30-10:30am \$35
Pickle Ball 1:00-3:00pm \$10 Sports Pass
Yoga 6:30-7:30pm \$25
Taiji 7:15-8:15pm \$25

Thursday

Piano Level 1 5:30-6:00pm \$25
Adult Needle Crafts 7:00-7:45pm Free

Friday

Pottery with Phyllis Noon-2:00pm \$20 + Mtls.

Saturday

Beginners Hatha Yoga 10:00-11:00am \$60
Taiji 11:00am-Noon \$25
Dance Fit & Toning 12:15-1:15pm \$25

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-7250

Let's have some fun with Valentine's Day Trivia.

1. What does the O in XOXO stand for? Hugs, Kisses, Love or Wedding Ring
2. In Old Ireland a heart was carved into what as a Valentines gift? Turnip, Tree, Spoon or Palm
3. Who receives the most Valentine's Day cards? Mothers, Children, Wives or Teachers
4. What U.S. state produces the most roses for Valentine's Day? Florida, California, Texas or Ohio
5. Who "kissed the girls and made them cry"? Old King Cole, Wee Willie Winkie, Georgie Porgie or Jack Horner
6. How many Valentine Cards are sent each year? 1 Billion, 2 Billion, 10 Billion or 500 Million
7. The British Museum holds a letter believed to be the oldest valentine still in existence. Who wrote it? Robert Dudley, Charles D'Orleans, Geoffrey Chaucer, or Mark Antony
8. Who created the first Valentine's Day box of chocolates? Milton Hershey, Russell Stover, Louis IV or Richard Cadbury?

Answers

1. **O= Hugs** X= Kisses
2. The **lovespoon** was given to a young woman by her suitor. It was important for the girl's father to see that the young man was capable of woodworking and providing for the family.
3. **Teachers** receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts, and pets!
4. The State of **California** produces 60% of American roses, but most roses sold on Valentine's Day in the U.S. are imported from South America.
5. **Georgie Porgie**, pudding and pie, kissed the girls and made them cry, when the boys came out to play Georgie Porgie ran away
6. The Greeting Card Association estimates that approximately **one billion** valentine cards are sent world-wide each year, making Valentine's Day the second largest card sending holiday of the year behind Christmas
7. **Charles d'Orlean** was captured by the English at Agincourt and then kept prisoner for the next twenty five years. He passed his time writing sorrowful poetry, including the St. Valentine's Day letter that describes his sadness at being parted from his love
8. In 1822, **John Cadbury** opened a tea and coffee shop in Birmingham, England. He soon expanded into chocolate manufacturing and in 1861 his son Richard greatly increased sales by packaging Cadbury chocolates in the world's first heart shaped candy box for Valentine's Day.

Source: http://usefultivia.com/holiday_trivia/valentines_day

Center will be CLOSED:

Monday, February 18 Presidents' Day

Winter Session Classes: January 7 – March 9

February is American Heart Month

Heart disease is the leading cause of death in the United States. A **healthy** diet and lifestyle are the best weapons you have to fight **heart** disease.

American Heart Association (800) 242-8721

www.heart.org

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

Senior Council Meeting

Every 4th Monday of the Month 1:30 pm

AARP Tax Program – Tax Assistance will be available call the center for dates/times.

YMCA's Diabetes Prevention Program

Location: Marion Franklin Center

Class begins: February

Learn to: Eat Healthy, Stay Active, Lose Weight & Reduce Stress

How it works: The 12-month, group-based program consists of 16 one-hour weekly sessions, 3 bi-weekly sessions and six monthly sessions. The evidenced based program is led by a trained lifestyle coach and is designed to help you stay healthy, active, and prevent diabetes. *Please bring your lunch to the weekly sessions.* YMCA membership is provided to those enrolled and actively participating in the program. To Qualify: Have a BMI at 25 or higher, diagnosed with prediabetes or qualifying risk factors. *This program is available through the generous support of the Ohio Osteopathic Association.* *Those diagnosed with Diabetes are not eligible. Please Register with Brittany Carroll, 614.389-3886

***The Black Studies Group** will have programs and activities throughout the month.

Please check the bulletin board or call the center for events, dates and times.

Snacks and Facts

Wednesday, February 13 11 am Free

Come to the library to learn some simple changes for better heart health. Light snacks provided. If you are interested please sign up a front desk.

Book Club Valentine's Day Social & Discussion

Wednesday, February 13 1:30 pm

Book: Tina Turner: My love Story

Author: Tina Turner

Taste of Soul Potluck & Black History Month

Jeopardy at Barnett Recreation Center

Thursday, February 21 6 pm

Come out and support Team Marion Franklin as we try to recapture the title of Black History Jeopardy Champions.

Underground Railroad

Every 1st & 3rd Monday of the month. 2:30 pm

BINGO

Every 1st and 3rd Tuesday 1-3 pm

Pokeno

Every Wednesday 1-3 pm

Health & Wellness Information

Barbara Parker, registered nurse is available in the Lifecare Alliance Wellness Center Monday, Tuesday and Thursday 8am-4pm; Friday 8am-4:30pm. For an appointment, please call 614-437-2927.

Did you know the blood Pressure guidelines have changed? The new numbers are less than 130/80. If you are monitoring your Blood Pressure at home with an automatic meter, you should have it calibrated or checked against a manual monitor at least yearly for accuracy.

Our LifeCare Alliance Wellness Center R.N. Barbara Parker can do this for you. You can also have your physician do this. The nurse will also make sure you are using your monitor correctly. Call the Wellness Center today for an appointment to have your Blood Pressure monitor checked, discuss your medications and any question you have.

Arthritis Foundation Exercise Program

Tuesdays & Thursdays 10 am

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.

Center will be CLOSED:

Monday, February 18

Presidents' Day



Tax Time!

Tax season is right around the corner! It's never too early to start thinking about taxes and getting them out of the way! Don't forget about the AARP free tax assistance program here at Martin Janis! Begins February 4. Call for details.

Valentine's Day Party!

Friday, February 15

Join in as we celebrate St. Valentine's Day! Lots of food, fun and surprises.

Senior Council Meeting

Thursday, February 20

Black History Month Celebration/

"Soul Food" luncheon

Thursday, February 21 Noon

Come on in for some good home cooking and a slice of American culture. We'll be offering a great menu of "soul specialties" that you are sure to enjoy. Celebration details to be announced.

Martin Janis Art Show

Opens February 28

(on display thru March 15)

Join us for the first annual "Martin Janis Artist Only" exhibit and show. Reception and light refreshments at 1 pm. Contact Mike or D'Lyn for information.

Breakfast for Lunch

Wednesday, February 6 11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month!

Lunch is served!

Monday-Friday 11:30 am-12:30 pm

Gregg's Health Corner

Life's "Simple Seven"-According to the American Heart Association, little changes can add up to big improvements in your overall health. The first change is to **get active**. Try to get 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week (or a combination of both). Even two or three 10-15 minute bursts of exercise can help. Next, **eat better**. Eat a colorful diet, at least 4-5 components of whole grains, fruits, vegetables, low-fat dairy, poultry, fish and nuts. **Lose weight**, which means burning more calories than you eat. **Control cholesterol**. Cholesterol comes from two sources: your body, which makes all you need and food made from animals. Keep your cholesterol level under 200 mg/dl. **Manage your blood pressure**. Control your stress level and eat a balanced diet to keep your numbers at or below 120/80 mmHg. **Reduce blood sugar**. Most of the food we eat turns into glucose (or blood sugar) that our body uses for energy. Over time, high levels of blood sugar can be damaging. Check food labels to keep your fasting glucose at or under 100mg/dl. Last but not least, **STOP SMOKING!**

Jean Bling

Jazz up your blue jeans with "Jean Bling!" Learn how to recycle blue jeans into jewelry. Register at the front desk.

Crochet for Critters

Come in and make creations for your four-legged friends. Check at the front desk for details.

Bingo/Birthday Party!

Wednesday, February 27 Noon

Join the fun as we celebrate January and February birthdays with free cake and ice cream!

Save the Date:

The Creative Arts Event

May 8-17

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2019 event is: "Music in the Air." Now is the time to start thinking about your project; let your creativity harmonize and sing. For more information, contact Mike Phillips at the Janis Center at 645-5954 or Linda Jacobs at Gillie at 645-3106.

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1-4 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)



Captain's Table

Mondays 11:30 am-1 pm \$5

Come join us on Mondays for the best lunch deal around. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

9:30-11:30 am Beginner/ Intermediate

12:30-2:30 pm Advanced

Wednesdays

6:15-8 am All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm
Free Dance Room

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Slow Down and Flow Yoga

Mondays 10-11 am \$50

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

Full Body Conditioning with Mike

Wednesdays & Fridays 9:15-10:15 am; \$79 for 2 days per week or \$49 for 1 day

The Body Shop Workout

Tues./Thurs. 4 pm, 5 pm & 6 pm and ST 9:15 am; \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Ashtanga Yoga

Thursdays 6-7:15 pm \$70 for 9 weeks

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, Th, & F 8-8:45 am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am \$30

Gentle Yoga

Wednesdays 10-11am \$40

Wednesdays 7:15-8:15 pm \$40

See Center Class Schedule for complete class listing.

Schedules are available in hardcopy at the front counter & can also be downloaded from either of our websites at www.columbusrecparks.com or

www.whetstonepark.org. Most of our activities are available for registration online. Register online at:

<https://apm.activecommunities.com/columbusrecparks>

AARP Tax Prep

Tuesdays and Wednesdays, February 5- April 10

9 am- 3 pm Free

First come, first served.



COLUMBUS RECREATION AND PARKS DEPT
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**Centers will be closed:
Monday, February 18
Presidents' Day**

